It is estimated that 80% of the United States population could benefit by a balanced diet which includes skim milk, breads, lean meat, poultry and fish, fresh fruits and vegetables, and whole grain cereals that contain the above vitamins. According to medical authorities, some people have raised their IQ as much as 30 points, just by going from a bad diet to a good diet.

c. Here are four memory strategies that my students have found helpful:

(1) Acronyms are a simple and effective way of memorizing groups of words. An acronym is a word made from the first letters of other words. For instance, NASA is an acronym for the National Aeronautics and Space Administration.

You can make your own acronyms for what you need to recall for a test. Imagine you are required to name the Great Lakes for a geography quiz. All you need to know to trigger your memory is the acronym, *HOMES* (Huron, Ontario, Michigan, Erie and Superior).

If you can't make an acronym that sounds like a real word, make one that sounds silly. A funny sounding acronym is sometimes easier to remember than a common one.

Acronyms can be as long and detailed as your needs require. Consider the first letters of a list of French verbs used with the word ETRE (to be):

DR. & MRS. VANDERTRAMPP

Devenir	**V**enir
Revenir	**A**rriver
&	**N**aitre
Monter	**D**escendre
Rester	**E**ntrer
Sortir	**R**etourner
	Tomber
	Rentrer
	Aller
	Mourir
	Passer
	Partir

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(2) Rhyming strategies are used by many people to recall music series, medical terms, and legal terms as well as the number of days in each month. ("Thirty days has September . . . ") Practice making up your own.

(3) Linking ideas is a quick way to remember a long list of unrelated ideas. Trying to remember a series of words can take too much time and energy. But we can make up a quick little story associating each word with another in a matter of seconds. It only takes a little practice.